



Baby and Toddler On Board

mindful parenting when a new baby joins the family

A Note to Those Supporting a Baby and Toddler Family

As someone who wants to support, it isn't always easy to figure out what's helpful. Here are suggestions, but trust your own wisdom to figure out what's needed in the particular situation you find yourself.

- Instead of saying, "Give a shout if you need help," just do it!
- Check what time is good for a visit, so you don't arrive when they have managed to catch a nap.
- Arrive with a yummy treat. Perhaps they would like you to stay and share it with the family, but make it clear you are also happy for them to keep it till later if they would prefer.
- Arrive with a prepared meal. Or give a voucher for a take-away meal.
- Deliver a bag of handy groceries. And include a treat!
- If the children are comfortable with you, ask if you can take the toddler or the baby - or both - for a walk.
- Ask if you can take the toddler out to play. Only take the child on an outing if the child is happy about this because the child's emotional security is key. Otherwise offer to do an activity together in the space where the child feels familiar.
- When a parent most needs your help, she might be too overwhelmed to think through what she needs done. When you see a need, respond. Wash the dishes or tidy the kitchen. If you aren't sure she will want this task done - ask permission. It's not about creating a perfect house - it's about easing the load. Don't wait to be asked for help - offer to do something specific!

A Note to Grandparents

“Baby and Toddler On Board - mindful parenting when a new baby joins the family ” is a book that attempts to see life from the young child’s perspective when the family embrace this huge transition.

As a grandparent, I see the paradigm of parenting has changed since we raised our children. Now we realise we don’t spoil children by responding to their cries for attention. Rather we are in danger of spoiling them if we ignore their genuine needs for connection and for affirmation, as wonderful, unique human beings.

It’s time for our generation, as well as the parents of this era, to ask,
“What do children need to thrive, physically, cognitively, emotionally, socially and spiritually?”

Enjoy the journey with these little people you love so much!

Val Mullally

P.S. You can follow me on social media if you’d like to discover more, from someone who is on this grandparenting journey herself.

Twitter: @ValMullally

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